

Treasure Barrel

Healthy Tuna Pasta Salad with Peas

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz small pasta (elbows or shells)
- [ ] 2 (5 oz) cans tuna in water, drained
- [ ] 1 cup frozen peas, thawed
- [ ] 1/2 cup finely diced red onion
- [ ] 1/3 cup chopped fresh parsley
- [ ] 2 tbsp fresh lemon zest
- [ ] 3 tbsp lemon juice
- [ ] 1/4 cup extra-virgin olive oil
- [ ] Salt and freshly ground black pepper to taste

Optional Add-Ins

- [ ] 1/4 cup diced red bell pepper for color
- [ ] 2 tbsp capers for a briny pop

Instructions

1. Bring a large pot of salted water to a boil, add the pasta and cook until al dente, about 8-9 minutes.
2. Drain the pasta, rinse under cold water to stop cooking, and set aside to cool.
3. In a large bowl, combine tuna, peas, red onion, parsley, lemon zest, and lemon juice. Drizzle with olive oil and toss gently.
4. Add the cooled pasta to the bowl, season with salt and pepper, and mix until everything is evenly coated. Chill for 10-15 minutes before serving.
5. Serve the salad cold, topped with extra parsley or a wedge of lemon for brightness.

Nutrition per serving

380 kcal	28 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the tuna dry to avoid excess moisture.
- If the salad looks dry after chilling, add a splash more olive oil or lemon juice.
- Adjust seasoning at the end; the tuna can be salty depending on the brand.